

# DINNERLY



## Reduced-Carb Homestyle Beef Stew with Veggie Mash and Sauteed Kale



35 minutes



2 Servings

Keep the winter chills at bay with our comforting beef stew. Making mash with carrot and pumpkin instead of potato keeps the carbs lower, while a side of healthy kale keeps your inner hipster happy too!



## WHAT WE SEND

- 250g Japanese pumpkin
- 2 carrots
- 1 onion
- 10g country seasoning <sup>17</sup>
- beef stir-fry
- 100g kale

## WHAT YOU NEED

- 1 tbs tomato paste
- 2 tsp worcestershire sauce <sup>4</sup>
- 250ml (1 cup) boiling water
- 15g butter <sup>7</sup>
- 1½ tbs olive oil

## TOOLS

- medium saucepan with lid
- potato masher
- medium deep frypan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 535kcal, Fat 23.8g, Carbs 26.9g, Proteins 46.7g



### 1. Prep ingredients

Peel the **pumpkin** and cut into 2cm chunks. Peel the **carrots**, then halve lengthwise and cut into 2cm chunks. Finely chop the **onion**. Put the **country seasoning**, **1 tbs tomato paste**, **2 tsp worcestershire sauce** and **250ml (1 cup) boiling water** in a heatproof jug and stir to dissolve.



### 2. Make mash

Put the **pumpkin** and **half the carrot** in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 10-12 mins until tender. Drain, return to the pan and mash until smooth. Stir in **15g butter** and season with **salt and pepper**. Cover to keep warm.



### 3. Brown beef

Meanwhile, separate the **beef stir-fry** and season with **salt and pepper**. Heat **2 tsp olive oil** in a medium deep frypan over high heat until very hot (see Kitchen 101). Cook the beef, stirring, for 1-2 mins until browned. Remove from the pan.



### 4. Simmer stew

Heat **2 tsp olive oil** in the same pan over medium-high heat. Cook the **onion** and **remaining carrot**, stirring, for 3 mins or until starting to soften. Add the **stock**, **beef** and any resting juices and bring to the boil. Reduce the heat to medium and cook, covered, for 12-15 mins until the carrot is tender. Remove the pan from the heat. Taste, then season with **salt and pepper**.



### 5. Cook kale and serve up

Meanwhile, remove the tough inner stems from the **kale**, then tear the leaves into small pieces. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Add the kale and **1 tbs water** and cook, stirring, for 3-4 mins until wilted. Season with **salt and pepper**. Remove the pan from the heat. Divide the **beef stew**, **mash** and **kale** among bowls and enjoy!



### 6. Kitchen 101

Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.